

ITCHYFEET SA: RIVER ROCK MOUNTAIN BUSH

RISK ASSESSMENT: TUGELA RIVER (BERGVILLE TO SPIOENKOP DAM)			
Notes: Only staff that are appropriately trained and qualified by the National Qualifications Network and African Paddling Association leads all white water excursions. Control measures must be implemented to reduce the remaining risk to an accepted remaining level of MEDIUM .			
HAZARD	LIKELIHOOD AND SERIOUSNESS OF INJURY	CONTROL MEASURES	REMAINING RISK
Hypothermia	Unlikely (more so in winter and wet days) Fatal	• Appropriate protective equipment packed – checked before departure. • Energy rich fluids and food carried. • Leader, guides and participants awareness and mutual vigilance.	Low
Hyperthermia	Unlikely Fatal	• Leader, guides and participants awareness and mutual vigilance. • Adequate fluids and electrolytes. • Regular rest and shade stops. • Awareness of fluid intake and management. • Awareness of over exertion.	Low
Sunburn	Likely Serious	• Hat and sunblock highly recommended. • Leader, guides and participants awareness and mutual vigilance.	Low
On board boat injuries	Unlikely Serious	• Appropriate briefing, instructions, and demonstration.	Medium
Portaging	Unlikely Not serious	• Walk with helmet, life jacket and shoes. • Use paddles as walking sticks. • Instruct participants not to assist guides with portaging boating equipment.	Low
Kleine Waterval Rapid / Weir / Waterfall	Unlikely Serious	• Appropriate pre-run briefing, instructions, and demonstration. • Always scout the weir for debris before running it. • Always give the option to walk. • When running the weir instruct clients to go over it in the correct place, sit down on the floor of the boat, and to paddle towards the middle of the river. • Stay clear of far river left and far river right.	Medium
Inyoka Rapid	Unlikely Not serious	• Appropriate pre-run briefing, instructions, and demonstration. • In case of capsizing or falling out instruct clients to swim hard to river right to the large eddy. • Assist with kayak support and throw ropes to get clients to river right. • Should they swim Look Left Rapid instruct clients to stay in the middle of the river in the swift water swimming position (feet up) and provide boater support.	Low
Look Left	Unlikely	• Appropriate pre-run briefing, instructions,	Low

Rapid Rapid	Not serious	and demonstration. - At medium levels instruct clients to stay in the middle of the river or river right to miss the pour over bottom left of the rapid. - At high levels give clients the option of not running the stopper wave bottom left. If clients do decide to run it instruct them sit down and hold on. In case of capsizing or falling out instruct clients to swim to river left or right. - Provide boater support.	
Wave House Rapid	Unlikely Not serious	- Appropriate pre-run briefing, instructions, and demonstration. - In case of capsizing or falling out instruct clients to remain in the middle of the river in the swift water swimming position (feet up) until the large pool at the bottom of the rapid is reached. - Provide boater support.	Low
Hide and Seek Rapid	Likely Serious	- Appropriate pre-run briefing, instructions, and demonstration. - Instruct clients to stay square whilst going through the stopper waves on the bend. After they have gone through should they turn the bend. - In case of capsizing or falling out (on the bend) instruct clients to remain in the swift water swimming position. - Provide boater support.. - Always give the option to walk.	Medium
The less serious rapids	Unlikely Not serious	- Describe the rapids and instruct clients to keep on paddling whilst keeping the boat straight. - In case of falling capsizing emphasize to remain in the swift water swimming position.	Low
Strainers	Unlikely Fatal	- Appropriate pre-trip briefing, instructions, and demonstration. - Avoid and stay clear in advance. - In case of ending up on a strainer (while still being in a boat) always lean towards it to create a stable platform. - In case of swimming towards a strainer swim aggressively away from it. - Provide boater support. - Ongoing on-board instruction, careful listening, quick reactions.	Low
Siphons	Unlikely Fatal	- Appropriate pre-trip briefing, instructions, and demonstration. - Avoid and stay clear in advance. - In case of ending up in a siphon (while still being in a boat) always lean towards it to create a stable platform. - In case of swimming towards a strainer	

		swim aggressively away from it. • Provide boater support. • Ongoing on-board instruction, careful listening, quick reactions.	
Foot entrapment	Unlikely Fatal	• Appropriate pre-trip briefing, instructions, and demonstration. • Emphasize the importance of the swift water swimming position throughout. • Appropriate rescue techniques used, and safety equipment carried.	Medium
Boat wrapping	Unlikely Serious	• Appropriate pre-trip briefing, instructions, and demonstration. • Appropriate rescue techniques used, and safety equipment carried.	Low
Capsizing / falling out	Unlikely Not serious	• Boater support (kayaks or 2-man inflatables). • Hold on to the raft or swim towards it. • In case of long swimmers use throw ropes and instruct boater support to intercept. • If it is an option or necessary, swim to the side of the river.	Low
Equipment absent	Unlikely Serious	Each guide to have: • 1 throw rope. • 1 river knife. • 1 guiding life jacket. • 2 slings. • 1 prusik loop. • 3-4 locking karabiners. • One helmet.	
Risk assessment produced		Gustav Greffrath	22 January 2018
Reviewed		Gustav Greffrath	31 March 2020
Reviewed		Gustav Greffrath	25 September 2025